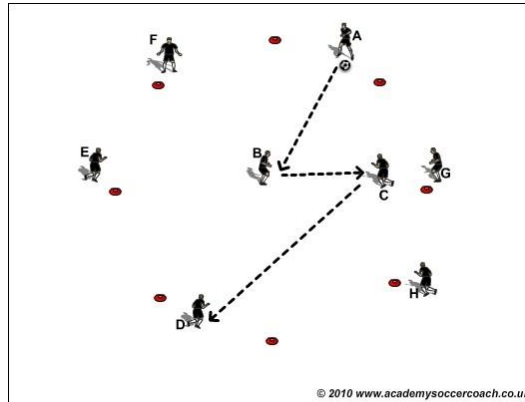


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Ball Manipulation

1. Cadences
 - A. 1(L)-2(R)-3(L)-Miss(R) (Stepover)
 - B. 1(R)-2(L)-Sole(R) (Dragover to inside)
 - C. I-O-I-O (all same foot)
 - D. I(R)-O(R)-(L)-O(L)
 - E. O(R)-I(R)-O(L)-I(L)
 - F. I-O-Sole(same foot)
 - G. Sole-sole-scissors(same foot)
 - H. I-O-sole-scissors(same foot)

I=inside of foot
O=outside
R=right foot
L=left



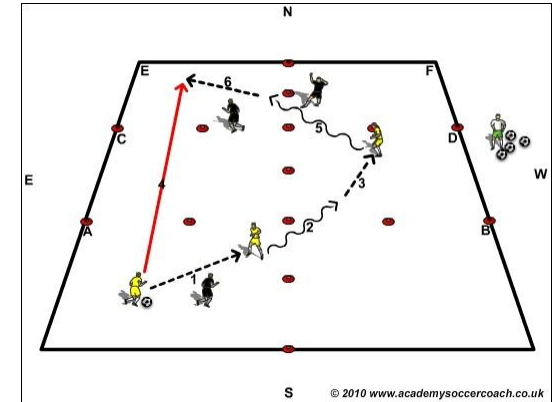
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CIRCLE POSSESSION

- 2 players in middle relieving and passing
- A passes to B, C moves into supporting position for pass
- C opens up, plays ball into D
- Var.: Require that the second inside player (C) call out the name of player she intends to pass to BEFORE the ball arrives to her.
- Limit number of touches if needed to keep flow of activity

COACHING POINTS

- Body shape while passing/receiving
- Quality of pass - weight, timing, accuracy
- Support angles
- Quality of first touch



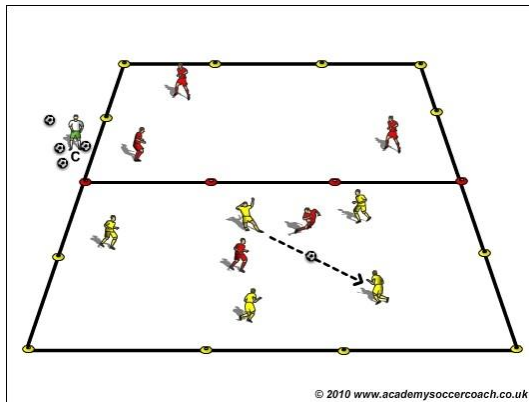
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PASSING - WIDTH DEPTH SUPPORT RUNS

- SSG numbers (3v3, 4v4, etc)
- Field split into thirds going N/S, and halved going EW providing 6 grids (A-F)
- Upon gaining possession, team must complete a pass in each of the thirds going forward
- Progress to requiring a pass to be in the opposite half of the next third (A,D,E or B,C,F)
- Players should look to make good supporting runs into depth/width to receive pass
- Variations: 1) Must start from own defending 1/3. 2) Must be a pass/dribble into next 1/6.
- To be used in conjunction with other activities. OR
- Points awarded for successfully negotiating passes in each of the prescribed grids. OR
- Provide goals for finishing

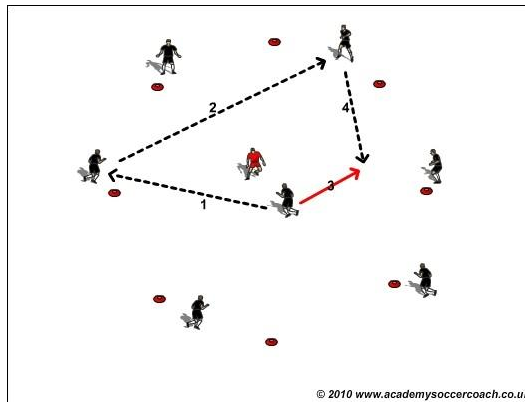
COACHING POINTS

- Awareness
- Passing technique and Quality of pass (weight, timing, accuracy)
- No turning back on play - play sideways-on, opening hips
- Off ball runs and movement



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- 5v5 - or similar
Yellow maintain possession in 1/2, #'s down red challenge for possession.
If red wins ball, pass/dribble to own 1/2 and maintain while #'s down yellow challenges.



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CIRCLE POSSESSION

- 1v1 in middle of circle
- Outside players limited (2-3) touches, keep play moving and high intensity in middle
- Inside players as many touches as needed - encourage dribbling skills!
- Inside players may NOT tackle outside players, MAY intercept passes.

COACHING POINTS

- Quality of passes
- Angles and depth of support
- Off ball movement
- Communication



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SSG with COMPOSURE ZONES

- SSG numbers (ie. 4v4). Appropriately sized field for age/ability
- Team may retreat to their 'composure zone' for safety - No attackers permitted in.
- Player in composure zone may dribble or pass out of zone.
- Ball should never be permitted to stop dead, it must remain in motion.
- Variations
- Last defender may act as GK while in zone
- May restrict players from entering zone 2 consecutive times, must alternate players
- 5 second rule for time allowed in zone
- Provide a 1/2 line. One player MUST remain in attacking half - provides overload

COACHING POINTS

- Awareness, especially in composure zone
- Quality and technique of passes
- Off-ball mobility and runs
- Take opportunities to finish on goal